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Texas Office for Prevention
of Developmental Disabilities

Minding the Minds of Children





Bicycle Safety Awareness Program

To Wear Or Not To Wear?

Why do you think it is important to wear a helmet when you ride a bicycle?

Reasons To Wear A Helmet.

- Protect your brain from brain injuries.
- Prevent injury to your face.
- Brain injuries do not heal-like a broken bone.

Key Words

- Prevention
- Brain injury
- The Skull
- Safety

Definitions

Brain Injury- Damage to the brain caused by a blow to the head or jarring of the brain.

Skull-The skeleton of the head that encloses and protects the brain and supports the jaws.

Bike Helmet vs. Other Helmets

What's the difference?

Why a Bike Helmet?

- Each type of helmet is made to protect your head from the impacts common to a particular activity or sport. Such as sliding along pavement or hitting a curb.
- Other helmets may not protect your head as effectively.

U.S. Consumer Product Safety Commission

Demonstration

Watch the following demonstration and explain the reason why this experiment was chosen.

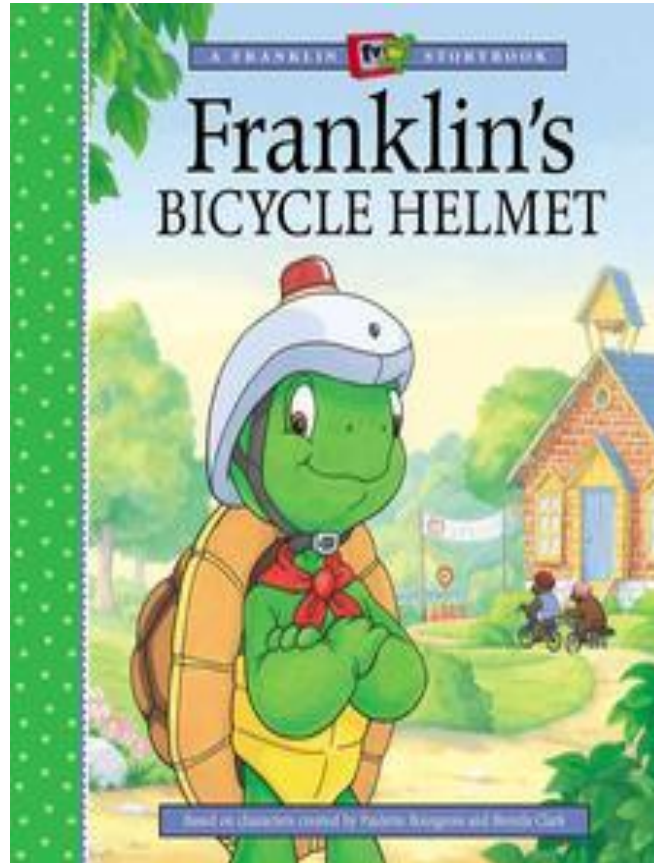




Protect Your Brain Wear a Bike Helmet!

No matter how young or old you are, wearing a helmet is the best idea.

Franklin Book



Page 1



Top Reasons Why You Might NOT Wear a Helmet!!!

- “It’s not cool”
- “It will mess up my hair”
- “It might get lost”
- “My friends don’t wear one”
- “The color doesn’t match my bike”

Famous People Wear Helmets

- **Tony Romo**, Dallas Cowboy Football Player
- **Joshua Beckett**, Pitcher, Boston Red Socks
(A native, born in Spring, Texas)
- **Jimmie Johnson**, 4-Time NASCAR Winner

Safety Tips



- Ride on the right side of the road.
- Watch for cars! Especially at cross streets and driveways.
- Look both ways before crossing the street.
- If you ride to school, use the crosswalk with a crossing guard.

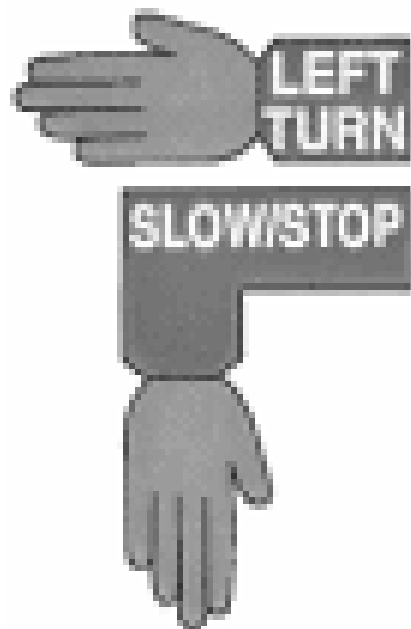
Safety Tips Continued...

- Inspect your tires and brakes each time you ride.
- Check that your helmet fits each time you ride.
- Replace you helmet after any crash or after five years.

Safety Tips Continued...

- Always wear closed toe shoes.
- Wear bottoms that won't get caught in the chain.
- Never wear your helmet on the playground! Any ideas why you shouldn't?...

Turn Signals



Easy Steps to Properly Fit a Bicycle Helmet



It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride.

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers.

For the most comprehensive list of helmet sizes according to manufacturers, go to the Bicycle Helmet Safety Institute (BHSI) site:

<http://www.danscomp.com/products/charts/helmetchart.htm>

Step 1 - Size:

- Measure your head for approximate size.
- Try the helmet on to ensure it fits snugly.
- While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side.

Step 2 - Position



- The helmet sits level on your head and low on your forehead

Step 3 - Buckles



- Center the left buckle under the chin.

Step 4 – Side Straps

- Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears.



Step 5 – Chin Strap

- Buckle your chin strap and tighten it snugly, until no more than one or two fingers fit under the strap.



Step 6 - Final Fitting



- ◉ **Does your helmet fit right?** Open your mouth wide...big yawn! The helmet should pull down on the head.
- ◉ **Does your helmet rock back more than two fingers above the eyebrows?**
- ◉ **Does your helmet rock forward into your eyes?**

More Resources

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Website: www.nhtsa.dot.gov

Final Words

- Have fun riding, but **remember to be safe.**
- Follow the rules of bike riding, **especially when riding on the street.**
- Always tell your parents **WHERE** you're going, **WHO** you are with, and **WHEN** you will be home.

**Can anyone tell me why
the last statement is SO
IMPORTANT...**



Resources

Bicycle Helmet Safety Institute (BHSI)

U.S. Consumer Product Safety Commission

**National Highway Traffic Safety Administration
(NHTSA)**

Governor's Traffic Safety Committee

New York State Department of Transportation

Thank You for Attending this Presentation



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